

What is claimed is:

1. A method of treating an injured tissue in a human comprising:

determining a site of tissue injury in the human; and
introducing a platelet-rich plasma composition into and
around the site of tissue injury, wherein no exogenous
activator is administered to the human or added to the
composition, and wherein the tissue comprises disc
material.

2. The method of claim 1, further comprising the step of
titrating the platelet-rich plasma to obtain a pH of about 7.3 to
7.5.

3. The method of claim 2, wherein the titration is performed using a bicarbonate buffer.

4. The method of claim 1, wherein the platelet-rich plasma
composition comprises platelets obtained from the human.

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